Metta Sutta

© Dilip Vidyadharan Rajeev. All Rights Reserved. 2025.

Do Memorize!

Do forward widely!

Memorizing each paragraph of, and forwarding this ancient text, would have a profoundly transformative impact on de individual and de nation!

Translation I

1. . This is what should be done by one skilled in goodness:

Let one follow the path of peace—
be energetic and clear-minded,
speak kindly without conceit.

2. . Be contented and graceful,

speak in a pleasing, generous way;

keep your senses calm and well controlled,

and remain free from arrogance even among your kin.

3. . Let one avoid even the smallest act
that might give the wise reason to reproach.
May he be happy and secure;
may all beings be happy in their true nature.

4.

. Whatever beings there may be—
whether few or many,
whether long or great, or of medium
build—

5. Whether visible or unseen,
whether dwelling far away or near,
whether already born or to be born—
may all beings be happy in their essential well-being.

6. Do not, in any case, look upon any being as superior

or think of any as inferior;

conceit, arrogance, and self-importance

are the causes of suffering for the conceited.

7. As a mother, with her life, lovingly protects her only child,

so should one cultivate boundless love toward all beings,

letting the mind dwell on love without limit.

8. In every part of the world, let your heart be filled with limitless loving–kindness;

let it radiate upward, downward, and all around,

free from enmity, hatred, and attachment.

9. Whether one is traveling, walking, standing, or sitting,

or even lying down—so long as one is alert and not drowsy—

this mindfulness should be developed.

This is the sublime abiding, known here as "Brahma–metta."

10. One who does not cling to wrong views,

who is endowed with virtue and insight,

and who has abandoned sensual craving,

will never again sink into suffering.

Translation II

1.

In deeds of virtue, let thy heart be steered by goodness pure and true;

Pursue the path of peace with courage and unwavering resolve,

Let thy spirit shine in clarity and radiant honor,

And may thy words fall like gentle rain—free from pride and vain conceit.

2. Be contented and noble, with speech both tender and true;

Let every utterance echo the grace of humility and wisdom,

Tame the wild stir of thy senses with steadfast control,

And, even amid kin and kith, shun the snares of arrogance and pride.

3. .

Engage in no deed, however slight, that might invite the discerning scorn of the wise;

Let no act, however modest, be a fault for keen eyes to chide,

May thy days be crowned with joy and thy nights with tranquil shelter,

And may all living souls, in every corner of the earth, bask in the light of bliss.

4.

.

Whether few in number or as countless as the stars in the firmament,

Whether towering as ancient oaks or modest as the humble sprout,

May every being find favor in the bounty of life’s embrace,

Their spirits lifted in the eternal song of joy and well-being.

5. Be they visible as the sun or hidden like the mystic moon,

Residing in realms afar or dwelling close to thy own heart,

Whether born of this life or awaiting the dawning of rebirth,

May all souls flourish in the resplendent glow of true, enduring peace.

6. .

Let not thy gaze deem any creature as superior or inferior,

Harbor no pride that divides the tapestry of life's grand design;

For vanity and arrogance are but harbingers of sorrow,

And only the unity of compassion can weave harmony among us all.

7.

.

As a mother doth cherish and guard her only child with boundless love,

So must thou, with an infinite heart, enfold all beings in thy care;

Nurture an affection that knows no limit, no boundary, no end,

A luminous force that binds the cosmos in its gentle, mighty embrace.

8.

.

Let this immeasurable love surge forth across every land and sea,

A mighty current ascending to the heavens and descending to the earth,

Unshackled by malice, unsullied by enmity, and ever free,

A divine outpouring of kindness that unites all corners of existence.

9. .

Whether thou treadest the winding path, standest in silent vigil, or restest in quiet repose,

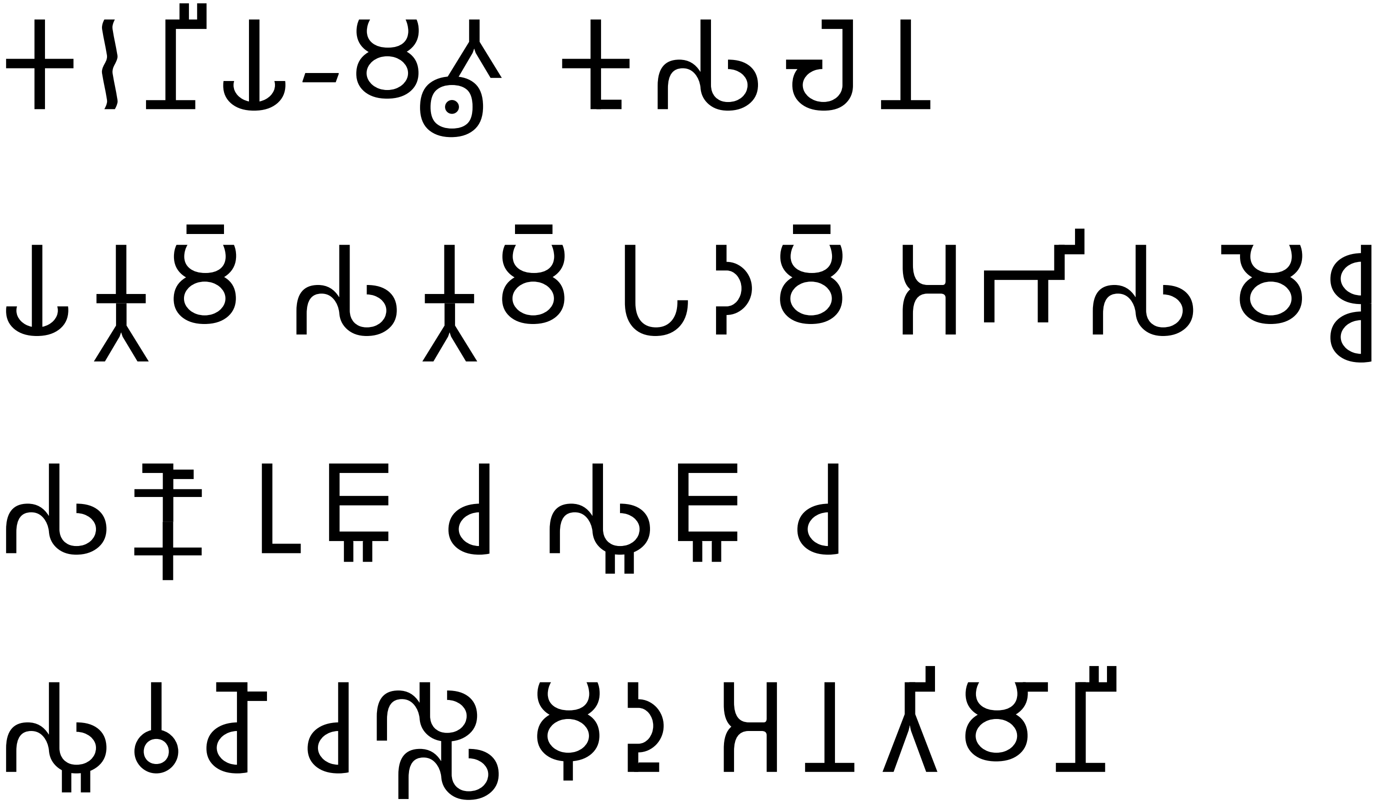
Let thy mind remain ever awake to the sacred pulse of life’s mystery;

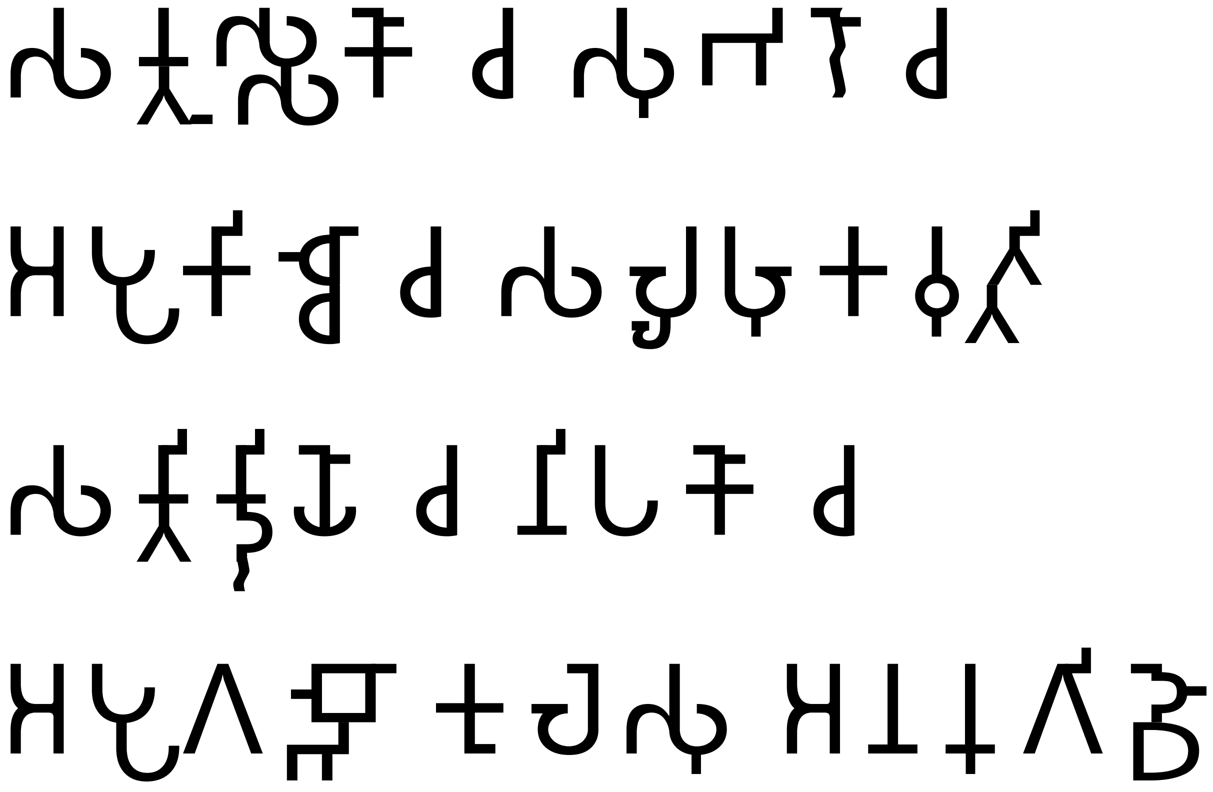
For in such mindful watchfulness lies the power to create

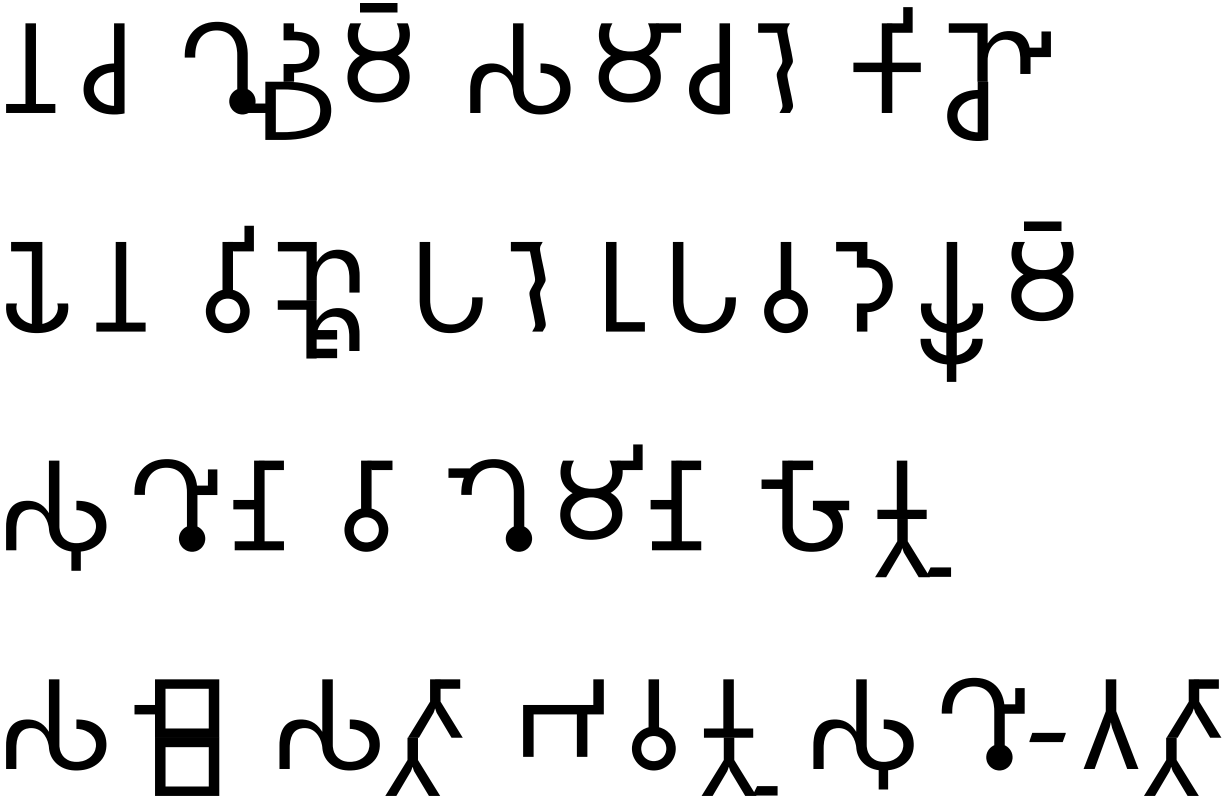
A sanctum of transcendent loving-kindness—a haven for the soul.

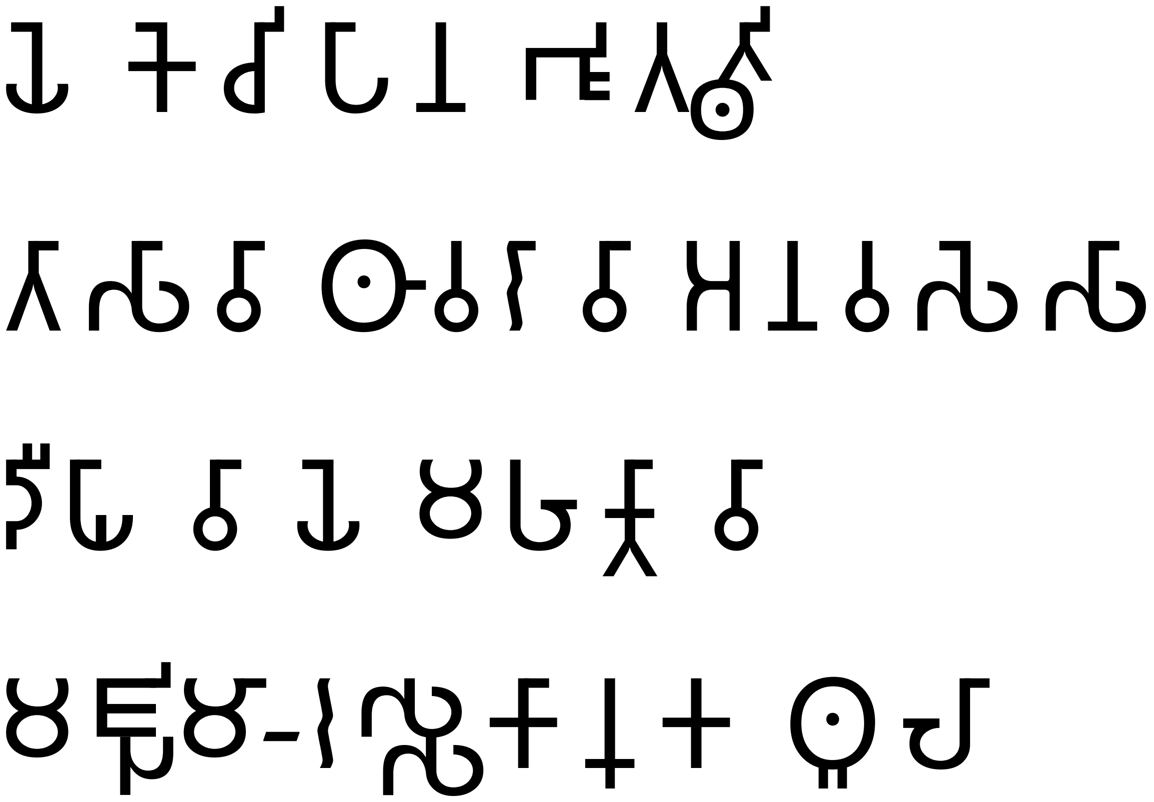
10. Turn away from false visions and the lure of misguided thought,
Embrace the virtues of wisdom, morality, and truth's eternal flame;
Renounce the fleeting temptations of desire that ensnare the spirit,
Thus shall thou evade the sorrowful abyss and soar in the bliss of liberation.

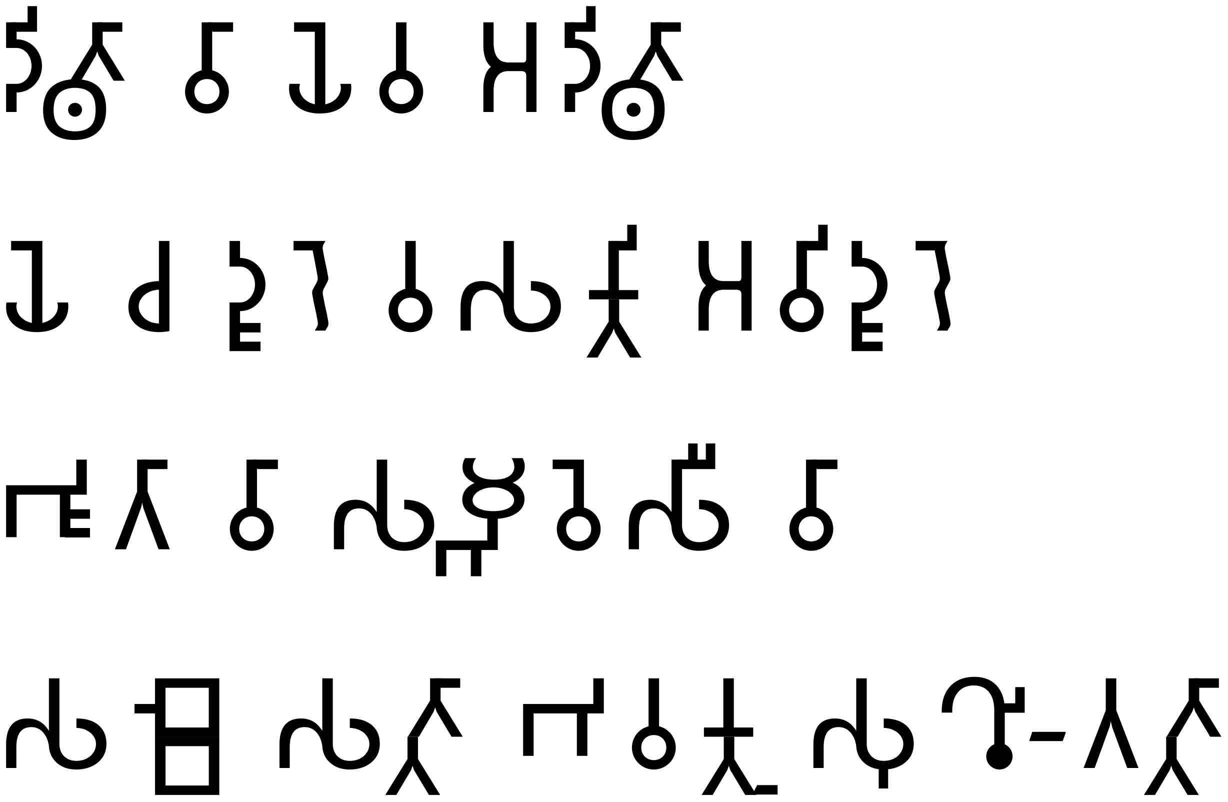
In Pali











[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

[illegible] [illegible]

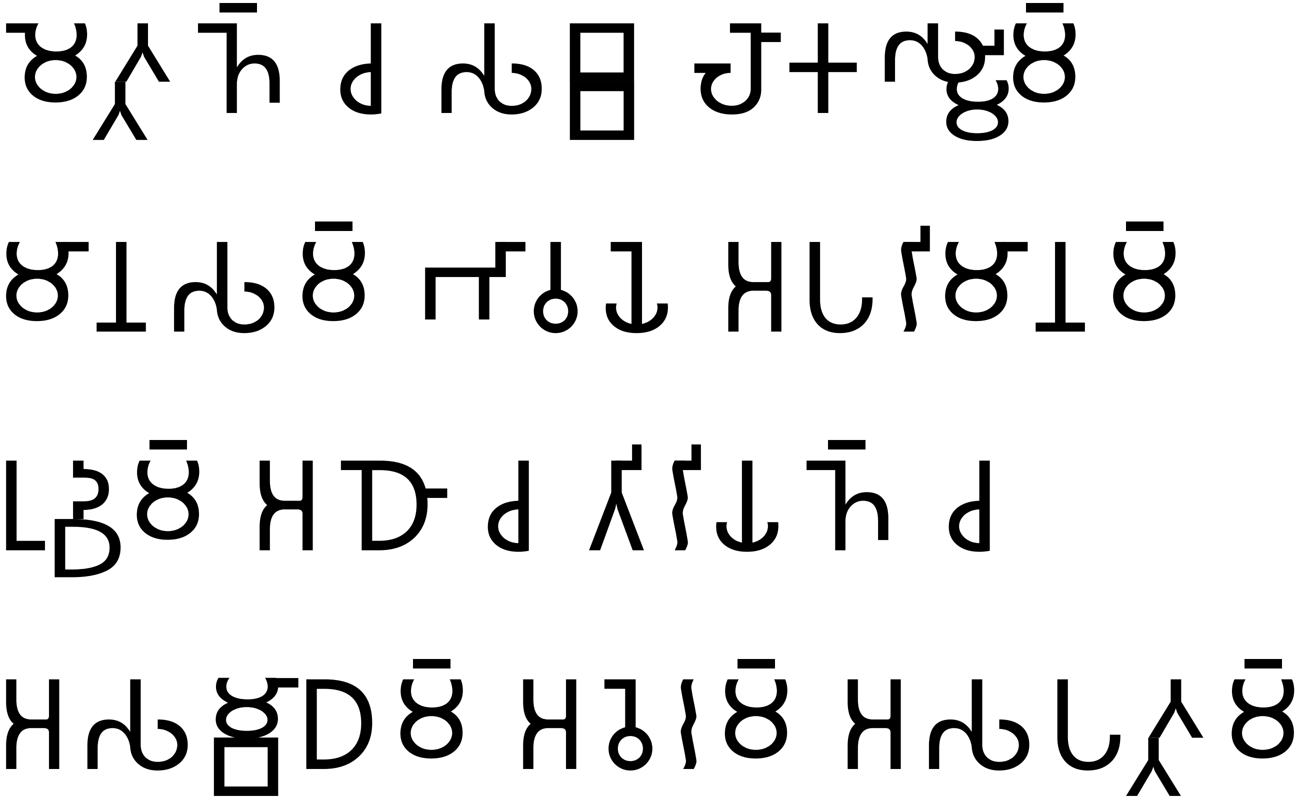
[illegible] [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

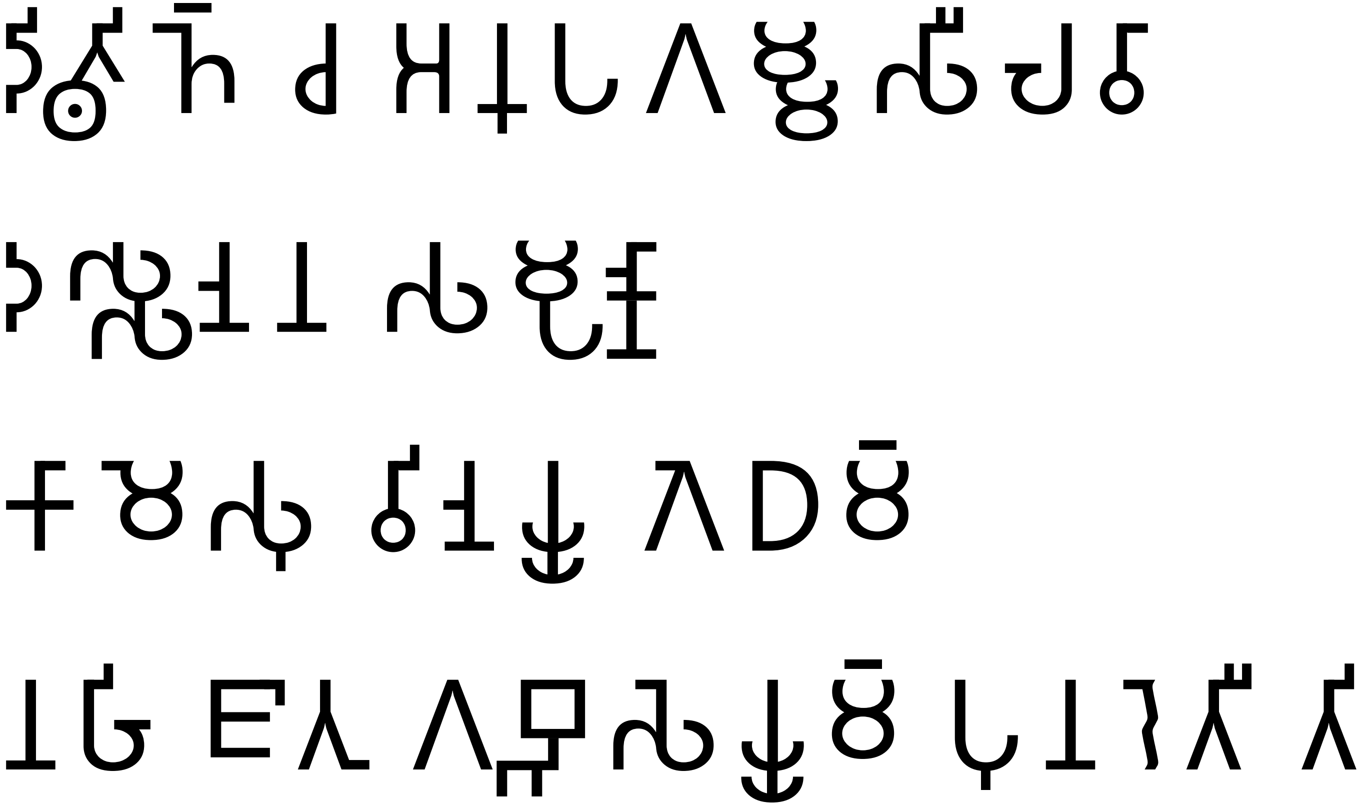


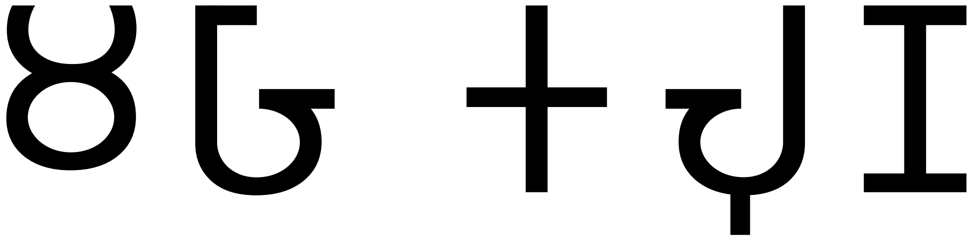
[illegible]

[illegible]

[illegible]

[illegible]



In addition, Ponder deeply the Pali/Prakrit word Maha Kaluna. Meditate(Samyama, Vipasyanna, Samatha, Dynamik and fokuzed meditations on the sound:

IAST: mahā kaluṇa